

Banana Ice Cream Pops



Serves	8
Prep time	10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical
Meal type	Sweet Things
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold , Zoku Pop Maker Suitable
Occasion	Barbecue , Birthday Party , Casual Party

Ingredients

- 2 Medium Bananas (ripe)
- 1/2 cup thickened cream
- 1/2 cup low fat milk
- 1 tablespoon Rice malt syrup
- 1 teaspoon Vanilla essence

Directions

1. Place all the ingredients into a food processor and blend until smooth.
2. Pour into moulds and freeze until set.

Note

Amines, Low Salicylates, Low Glutamamtes

Quantities may vary depending on the size of the moulds you use.